

**November 2017** Daily Physical Activity Log

First and Last Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Briefly describe what you did for physical activity this month, and the duration of the activity in minutes. (For example: Hockey – 60 minutes.) **Your weekly DPA should total at least 150 minutes, on average.** Have an adult (coach, instructor, parent) sign the calendar at the bottom to verify the activities.

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 School Closure Day	11
12	13 Stat Holiday	14	15	16	17	18
19	20	21	22	23	24 Pro-D Day	25
26	27	28	29	30	Notes:	

\*\*Return this calendar to Ms. Larisch in the Career Centre by the required due date. Leave it in the Student Drop Off Box.

\_\_\_\_\_  
Parent / Guardian / Coach    Signature